Dr. David Clements; How to open to Love & Move into Higher Consciousness

Dr David Clements, Heather Ensworth

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Dr. David Clements trained as a theoretical physicist with advanced degrees from both Oxford University and Cambridge University and has expertise in string theory and an advanced understanding of electromagnetism. He experienced a conscious, spiritual awakening beginning about 25 years ago and now realizes the higher intelligence that we are capable of through connecting with the higher heart (the infinity point gateway connecting us to Source field consciousness). He currently is researching and attuning to the living energy physics and developing regenerative living field quantum innovations in conjunction with his teams of advanced galactic beings.

Dr. David Clements' websites: https://infinitesourcecreations.com/, https://www.isee-infynergy.com/ Here is a link to David's meditations: / collection Dr. David Clements trained as a theoretical physicist with advanced degrees from both Oxford University and Cambridge University and has expertise in string theory and an advanced understanding of electromagnetism. He experienced a conscious, spiritual awakening beginning about 25 years ago and now realizes the higher intelligence that we are capable of through connecting with the higher heart (the infinity point gateway connecting us to Source field consciousness). He currently is researching and

attuning to the living energy physics and developing regenerative living field quantum innovations in conjunction with his teams of advanced galactic beings. Heather's website: https://www.risingmoonhealingcenter.com/ To become a patron of Heather: / heatherensworth

HEATHER: Greetings, everyone. I am very excited to be back in conversation with my friend David Clements today. And for those who don't know his background, David is a brilliant theoretical physicist who's got advanced degrees from both Oxford and Cambridge universities. He's currently doing research on living energy physics and regenerative living field quantum innovations. But even more than that, part of what I so appreciate and respect David is the path that you're on spiritually, how you are guiding us in how to move into our hearts and come from that higher heart connection with Source Intelligence to support us in this transformation that we're in right now and into higher consciousness. So thank you for all the work that you're doing, all the profound meditations that you're leading us in, which have been so transformational for me and for so many others. So thank you.
DAVID: You're welcome Heather and it's a wonderful joy and an honor to be here with you again. I'm so glad that you reached out there first time because it's meeting so many beautiful people such as yourself in doing this and hello to your audience as well. I see many of the comments of the feedbacks that people have been leaving for the little aha moments that they get. And that's really the ethos and purpose of doing this because I think sharing perspective and sharing understanding and experiences from what we have all gone through is extremely helpful to other people. And so it's a great joy to do this. So I'm really happy to be back on again.
HEATHER: I would love to talk about what we were talking about just before we got on the recording, the meditations that you've done. Yes. The core original eight cells and how that is creating such a profound transformation.

DAVID: Yes, yes, it's like I was saying when we before we began that the teams when they came through and to for those people who are new to this so I connect directly with the infinite Source Intelligence within through the Sacred Heart through the infinity point. The infinity Source gateway, which is your direct connection with Source Intelligence. So we all have that and we all have that ability. And you know, with the nested fields of the higher self, my high self and the teams such as the Arcturians and other beings that I work with as well.

So they're all part of the team. I guess I call them just as like an umbrella word to sort of describe it all. But they were saying that this particular activation would be very profound and I found all of the activations they do for me personally being very profound and the huge accelerated shifts that they do, but also the other people have found doing them as well. But this particular one after having it done. It was incredible because there have been, then they said that they were going to do this very slowly to allow an acclimation period so that everything can adjust and synergize and harmonize properly. And what it was to do with is that, let's put a little bit of context here so people understand what's being said, is that the first cell you know when the ovum and the sperm come together and they activate they form sort of the first cell and it divides once into two and then it divides again into four and then it divides again into eight. So that's three, what you might consider three layering divisions before it gets to the first eight cells. And what they were saying is, the way that the living energetics and the biologics were designed for the human being is at that point. If you imagine sort of one, two, three, four and one, two, three, four, right, like see, the tips of my little fingers there, where the cells are in a more or less kind of way. Right at the very center there, there is supposed to be an ignition point, which is a bridge or a gateway for the higher Source Intelligence or your higher self, the soul interconnect to come in. And then this field develops and I'm just saying it as it was shown to me. That encompasses those first original eight cells that suddenly, now there is an infusion of this divine intelligence energy that then as more divisions grow and the cells start forming the fetal form, all cells

are supposed to be infused with this ignition point energy, this Source Intelligence connective energy.
But they're saying what happens is unfortunately because of the experience of what would it be like to experience human existence with a diminished connection to Source. There is an overlay that comes into play that really diminishes that connectivity.
And then you have the other aspect of it, which is many, many lifetimes of experiencing that repeatedly incarnation after incarnation, that you're the sort of traumas and some of the many things that you're doing, some of the not so nice experiences that we've had. We carry that with us and that overlays as well so that further sort of diminishes this.
Because it's all about, if you want to see it in terms of resonance, if the resonance and the energetics are being so held down because of the weight, if you like, of that overlay or the aparency of a disconnection between yourself and Source so that you could have a human experience of that diminished connection. It all starts to weight down and suddenly that ignition point is just a tiny little, little glimmer. It's not what it's supposed to be at all.
And so the synergy and the infusion of that profound, like star-like pristine energy that is supposed to come on and then literally forms this, it’s almost a cocooning field so that the cells start dividing and they are enriched and imbued with this intelligent living energy. They don't get very much.
And so as the fetus starts developing and starts growing and you're born, you do have, as a baby you have the most significant connection at that point, but because it's quite diminished already. It doesn't take very long for it as you start growing up in your toddler stages and growing up and into your sort of eight, nine, ten year olds and everything suddenly it's largely pretty dimmed down.
And so this activation that the teams brought through was to reignite. And I should point out that the original eight cells literally are the first forming point of the physical human heart because the human heart is the first organ to come into being. And so those original eight cells are the basis point of your heart, which is no coincidence. This is all

divine design. And so since having that done, other people that I've seen in the comments on the platform when we do the meditations. And I've felt that this is a profound peace and also I've had these experiences because they said they were going to unfold it very gently, bit by bit, to allow the acclimation because it's a very powerful energy.
And I don't mean powerful as in lots of force. That's not what I mean by power. By powerful, I mean like a very prominent presence of your Source itself, quite a significant presence. And the moments where you can feel like the waves are increasing, the heart, it's really hard to describe in human language. The sensation of having the heart just, it's almost like this sweet sensation of pure peace, of joy and bliss that just emanates within. You can just feel it viscerally right there. I've never felt quite like that before.
And you just feel like, when you're meditating, when I could just before I go to bed, I can feel it. And it's just this feel that comes out to about here. And it's just emanating with this profound, beautiful Source Intelligence and it's like this pristine sweetness. That's the closest I can articulate to describe the sensation, but it is very visceral. It's very profound.
And I'm finding now even it's been less than a week since it was done. That when I'm scurrying around doing my bits and pieces and research and all the things I have to take care of in the day, if I sit down to just take a few breaths, the peace just comes in so quickly now and it just you find yourself almost in a meditative state after two or three breaths of sitting down. It's really quite strong.
So I'm really excited to see where this goes and this is something that human beings normally should have. And I believe we're getting back to and it all is part of this whole umbrella, I feel. And what the teams are saying about humans having the option of returning back to heart centered intelligence.
Most people throughout their day, including myself in my past, I was very head-centric, tend to want to cultivate an intellectual sentience in themselves.
But what they were saying is what we're moving into or giving the option of moving into this profound heart centered intelligence where

the mind becomes an extension, an instrument extension, like a musician where the beauty of the music comes not from the player, but the instrument through which it is played, the instrument itself. And so in a way that the mind becomes a kind of a musical instrument extension of the profundity of the core of you, instead of just acting out by itself and doing its own thing and rapturing us in all sorts of intellectual stuff going on here, there and everywhere and flustering about. It's going to be a very centered, very peaceful, profound existence. If you don't mind me carrying on, so you may have more questions.

HEATHER: Yes, go ahead. It's just extraordinary listening to what you're talking about because it also fits with what it means that we're exiting the Kali Yuga, that time of being disconnected from Source field intelligence. Yes. So this is an activation and I'll put the link for people below to support us and opening to this profound transformation, we're being called into higher consciousness.

And it also fits with what I learned from the Peruvian shamans, who talked about this time as a critical time, where we're meant to shed the density in this period as humanity. Yes. Who connect with our hearts to become homogeneous ones. What you're describing is that wave, that we're emanating, where our whole being, that regenerative, loving energy of Source of cosmic consciousness. And that in turn, as we experience this activation and open to that is what can emanate out and support the healing of the collective consciousness. It is so profound.

DAVID: It is. And yes, I would love to say something with that as well. It's this very beautifully said. And to me, what the teams have communicated is that one of the reasons why I've had communications with say the Arcturians, very profoundly advanced spiritually mentally and emotional beings. The ones that have physical form live in a pristine form. There's no bits and pieces falling off. What do I want to say?

When I first started connecting with them it was very, very clear that they have this profound emanation. It was a beautiful, loving, intelligent emanation that they give off. It's so serene and beautiful. And as I began to experience this more, I began to get the idea and

they were helping me to understand that the reason why they have a pristine form is because the Source Intelligence within them is what maintains intelligently in flow the pristineness of their form. And it's interesting because we use the word *love*. Love is a word. But what it points to is an unlimited, infinite intelligence that is sweet, it is kind, it is compassionate, it is the ultimate.

And this is the other thing that my high self was dropping in quite recently. It said, one of the things that they wanted to share with people is that *love is the ultimate kindness*.

It's the ultimate compassion. But it's also the ultimate physicist. It's the ultimate chemist. It's the ultimate biologist. It's the ultimate designer. It's *all* of those things.

And so the word we use, what we call *love* encompasses that just unimaginable, unwordable intelligence. That is what it is. Because I think oftentimes that that word sometimes puts some people off because, oh, it's all it's just lovey, dovey, airy fairy, whatever.

So we need to understand what that word points to and it's not something that you can intellectually establish. It's a full experiential feeling of what it is that this word points to, which is what we call love. You could call it whatever you want, but it is, it is a benevolent, sweet intelligence and it's responsible for all the multidimensional layers or creations within them. It is profound. *It is the everything.*

And that is what is just gently asking us to open up and return to because we have become used to as human beings as being intellectual explorers just, oh, all we have to do is figure out all the nuts and bolts, put all the equations together. Yes, there we go. We've got it sorted now.

No, I'm sorry. That's you my view is somebody who has been in those circles of being in mathematics and theoretical physics that is, that's a structural language, which is very good at describing structure that is fixed in its processes.

But what happens is Source Intelligence then changes and alters the foundations of that structure. Oh, damn, the equations don't work anymore. What's happened? Well, it's because your fixed language has is trying to describe something which has now changed its form and therefore has to change within itself.

HEATHER: Because it's also coming from a perspective of separation..
DAVID: Yes, exactly.
HEATHER: But the perspective that Source Intelligence is coming from, which is about communion. Yes. And the oneness of all that is in its complexity and diversity and the simplicity of creativity.
DAVID: Yes. And that nestles perfectly into what I was hoping to say next, which is very much that from what we were talking about the ignition point within the original eight cells. Well, what's supposed to happen there is because biological cellular division and the development very much mirrors how say planetary systems are put together, and galactic systems are put together.
All aspects are actually in communication in multi-dimensional ways, in ways that humanity just doesn't properly understand. Now, when the ignition point is supposed to come on with the original eight cells, there's this field ignition that comes on. And those cells that then start developing in this sort of cocooning all of this energy, which then almost embeds or synergizes the cells.
So as they develop, they carry with it this extended communication. So there's this entire light network between cellular formation as the teams described it, which is supposed to be there. And so your entire body is supposed to luminesce and this intelligent liquid light is supposed to flow all over the place and do amazing magical things. In a way of saying it, that when I see these advanced civilizations, they have that their entire body does luminesce, it glows with this emanation.
And human beings for the moment don't have that because that that is part of a missing puzzle piece the way I see it and then suddenly the way the teams have communicated it. And so we are supposed to have these bodies that are in this beautiful fluid light communication all the time. And when you mentioned about separation and unification, it's very much a reflection of that because your body with that ignition point and developing in that ignition point has that unified communication.
So even though they appear to be individualized building blocks, they really aren't they are interconnected and they are part of a

whole synergistic organism. So that's what we're supposed to have. And the way that you said it before, it was exactly correct, I believe because it mirrors the way humanity has felt disconnected as if, 'Oh, there's nothing out there. It's empty space. We've been told that for a long time. Blah, blah, blah.'

But the truth is that our solar system in a very similar way to cellular communication should be having this interconnectivity with other systems as well. You see, it's all reflected.

And this is the beautiful, intelligent design of how I feel Source Intelligence seems to work. You have all these galaxies and they are interconnected. And within the galaxies, each star system has interconnects. And within each solar system, the planets have interconnects.

And with on each planet the living beings have interconnects. People talk about the fractal universe, but the philosophy of the fractalization, the generation, generation, generation, generation of that beautiful principle of interconnectivity within sort of dividing structures is very much part of how Source creation is working.

HEATHER: It's such a profound image because it is this unified cosmic consciousness in the multiplicity of expression. That's only part of the oneness. And that's the kind of diversity that creativity that increasingly more and more an expression of fractals of cosmic consciousness, but all interwoven as part of the whole.

DAVID: Yes, exactly. And in a way, part of what humanity has experienced is the illusion of an apparency of separation. You can't, where would you go? There truly isn't actually a separation. And we've been experiencing this sort of, as if we put a virtual reality headset on, forgotten where we were really part of.

And oh, this is the world now oh, it looks all disconnected, what's going wrong? It's sort of sort of kind of like that in a way. And to me when people talk about the awakening process, to me, that means that we are re-remembering that unified sentience within ourselves. That we always were a part of Source, intelligence. We never left, but we're now going to become super imbued with that.

So it really is fully present within our conscious. That's such a beautiful future that we have now, but we're also going to unfold and

create in the coming days and weeks and months as well. So yes.
HEATHER: I love too what you were saying about how you were guided to be absorbing this energy, this activation in a gentle way, a gradual way, because I think part of it then that I see happening, both individually and collectively on the planet, is we are needing to heal, to clear, to release, the trauma, getting rid of dense energies we've carried from this time of being caught in the illusion of separation. Yes. And needing to then be allowing ourselves to adjust to absorbing that whole new experience of being.
DAVID: Yes. I very much agree with that. And it's always been sometimes my high self, my teams have sort of jump loaded stuff on me to really get me going and clear stuff. And that's been quite difficult. But one of the things they feel a delight in doing. A part of this unfoldment process is allowing people to just get in touch with a little bit of that sweetness inside. Then as that energy, the activation energy comes up.
All of the things that are very low in their vibrational quality, that anchor down and pull and compress down and keep you feeling like you're this solidified object that's just purely biological and so on. All of that dross and those past lives that you carry through with you, every time you incarnate. The soul will reinfuse you with those all in it.
Okay, right. Have another go at this and see if you can solve it this time. Not in a kind of a taunting way, but it's a very kind of okay. No worries. Life didn't work out quite so great in the last one, so let's bring that lesson over here and let's have another crack at it. And so when you get those, and I always say to people that one of the things that I feel my high self has imposed to me is the idea of puzzle piece solving. We've come here as very, very prominent, very powerful, Source emanated beings with a lot of experience in certain ways.
And because we knew this grand experiment, this Earth experiment was going on, we really wanted to be a part of it because the experience of solving such big puzzle pieces and coming out with the evolution that takes place by solving those puzzle pieces is profound.

And so there's a lot of very, very prominent beings with a lot of experience in different galaxies doing all sorts of things. I'm really good at solving those. I really want a go at that so I'm going to find myself a family with a particular energy that mirrors that. I'm going to get in there and get to work. That's a very sort of fun way of saying it. And the puzzle piece solving is, okay, once you get into an area of density or dramatic density or however you wish to call it, can you go in there and break it to pieces with your light? You know, can you dissolve it away? Can you untangle it? Can you undo it? By doing that, by infusing it with your light, not only will your light gets stronger, but you will now solve this puzzle piece and the solution intelligence behind it will now be seeded into the Earth, and be available to other people.

That's why it's another important thing to be *grounded*, so that you can you have this ability, you have this interconnectivity with the Earth where you can literally share the solutions that you have gained by solving the puzzle pieces and they get made available for other people.

That's almost part of why there is this sort of exponential increase in energy because everybody is simultaneously sharing their solutions as they solve energetically so that suddenly everything starts accelerating and it's all available there in the Earth grids ready for anyone to experience when they want to feel the solution to this, this, or this.

So we're all adding to this beautiful living library or the Earth Library we might call it of experience and understanding and wisdom as we do these things and the Earth benefits and then she gives back in return and there's this wonderful symbiosis that we do together with each other and the Earth. It's all one symbiotic system. So yes, I just wanted to add that based on what you were saying.

HEATHER: Well, it's beautiful,.what you're saying. And I think it also emphasizes the importance of us when we are in alignment with our higher self, our soul self. Then we can be more in that witness context of experiencing this experience on the Earth plan. And it seems to me like a lot of our journey of exploration here on this

planet has been about the emotional right now. And all the matter is the basis of that.
So the more that we can be in that witness self, what am I meant to learn here or what am I exploring here to bring that understanding back into the morphogenic field, rather than getting identified with the experience or the Right. Right. Right. And then feeling like why is this happening to me? It's more part of that. Again, that larger soul's perspective on this experiment that we're in as humanity.
DAVID: Yes, you raised a really important point there. And I feel it about being the observer or the experiencer. And I think that's a very, very key thing here because when I say about puzzle piece solving that may many might interpret that, oh, I've got to solve and go through things and intellectually do this.
That's not really what it means. What it really means is, can you have the softness, the openness and the strength of being to simply be with the stuff as it comes up so that you can really allow your light to infuse into it, because part of the trouble with you with, and I've done this many times in my own experience.
As soon as the stuff comes up is, ‘Oh God, what is that? It's like and you react to it from a sort of personality standpoint as if something is having a go at you and you're going to defend yourself.
And that comes back to what you're saying about identity. And it's kind of funny. I just want to say, I may have said this before, if you look at the spelling *identity*, it puts a *dent* in the middle of your two I’s and always leaves you with Y at the end because it leaves you lost.
HEATHER: Oh that's beautiful.
DAVID: And so I think my high self dropped that in there one time. And so an identity essentially is what they were saying is, it's an overlay of an established grip of self, your perception of self as a, ‘This is this’, rather than, ‘No, let it go.’
Let it go. Let yourself be in the experience of you. You have nothing to hold on to. It's like the monkey who refuses to let go of this branch before it wants to move to the other. No, no, this is my tree. This is my identity. I can't leave the tree.
And I know it can be incredibly difficult sometimes because identities can be many things.

It can be your workplace. It can be a relationship. It can be your senses, spiritual self often. And that's one of the most difficult ones to let go because people, especially when they go through what feels like difficult stuff, they really try to cling to the spiritual identities they've made for themselves.
But that in itself is going to inhibit you from moving forward because the idea is, as a very powerful being, you realize that when you really let go and open up and let your light come through, that profound intelligence is going to solve everything.
And that is the key. Can you let that light through? Can you soften yourself, let yourself be vulnerable to you, the real you, and allow the real you to do what it does best? And I feel that's such an important message for people because there's a, especially as we go through these times that we're going through, a very intense old stuff coming to the surface and really present, but be presenting itself.
A lot of people and like I said, I've done this many times in my past. I really understand what people are talking about, how easy it is to go into shutdown and kind of defense mode, which is itself just a nested series of identities.
When you can really relax because many times when I've had stuff come up, my teams will say, just relax, just relax, just get yourself peaceful. Don't try to do anything now. Just breathe rhythmically, settle down. Okay, right now. See it clearly, feel it clearly, just be you and just let it be.
And you'll get a very clear picture of the energy. And this is the thing because they're saying, when you allow this stuff that's coming up from your unconscious and your subconscious and these sort of hidden areas, when you allow yourself to have a full experiential view of it, now you have access to all of it and you're allowing your light to access it.
Because when you're hiding it down, you're using your free will to say, no, nothing's going in there. It's not coming up. Don't want to see that. Stay down.
So it can't be resolved because the Love Light Intelligence, the Source Intelligence within you, honors your free will so profoundly

that it will let you continue to hold it down until you by your free will say, okay, all right, I'm just going to be with this.
Let it be. Then it has full access because you have made a free will choice to allow yourself to step into being, step into the allowance of just this thing to be. Now you have full access. Now it can be resolved.
And that is a very key piece of wisdom I feel for myself. It took me many years to learn that one after repeated fighting, assisting and all sorts of things because it's very common. It's a very human thing to do because that's culturally how we've sort of grown up a lot.
So yes, I just wanted to say that on what you were saying because I think that's a very important thing to say as well.
HEATHER: And what's so beautiful about that is the more that we can do that within ourselves. We can also hold that compassion and sacred space for each other. And again, support that healing energy emanating out because part of, I think, what we've been seeing going on currently is the more people get caught in fear and in the turbulence that we're going through in this transformational time and get caught in that reactivity.
And we react off each other. And then we're just perpetuating that, that sense of polarization of trauma, of reactivity. And the more we're in that healing energy, then we emanate that out. Yes. Also, you were talking earlier, before we got on, about how this transformation is also supporting our reintegration of the sacred masculine and sacred feminine within us. Yes. I'd love for you to share more about that. That is so powerful.
DAVID: Yes, definitely. Well, one of the images that my teams have given me for a little bit of time now is this. How could you say that? I'm just trying to find the right words to describe it. So, so let's start here.
So the most sort of common description of the male and female within the body is people. Your left side is your feminine receptive and your right side is the male applicator.
And it's always been that sort of polarity based, of course, not in any kind of judgment, but that's just how it's most commonly seen. And

now because we've had this experience of polarity of this side, positive, that side, negative, this whole charade could go on forever. But what's happening is that there is this re-infusion or this remembrance of the true at oneness of the feminine and masculine principles.
And the way I see it is that the feminine is a quality of Source energy and the masculine is a quality of the Source energy. They're not distinct. This sits over here. That sits over here. And occasionally they come together and do some things. And then they separate again. It's not actually like that. These are principles or qualities of the same thing. But because of this separation consciousness experience that we've had, particularly in duality, we've often sort of tried to separate or put things over here and there.
And that's that one. That's that one. And so on. And what they showed me was that what's actually happening and it's hand-in-hand with this re-centering ourselves in Source heart intelligence the core intelligence within us is that instead of being sort of female, male on sides, they're coming together.
And what's happening is the female sort of energetic, life generating life spark creating feminine quality with compassion and all the qualities of that feminine quality of Source, will then seamlessly fuse into the masculine quality of Source so that it's almost like a spherical energetic, where there's no division between the two. There's no point at which you could see a definite one or a definite another. They are really very much infused within each other. But that's probably the wrong word to use because, like I said, they are qualities of the same thing and the apparency that they are qualities of the same unified presence is going to become more apparent as this sort of spherical reunion comes into being.
And with that comes also the aspect, like I mentioned before, about in very intellectually centered beings that we've been encouraged to be from a very young age into adulthood.
One of the things that's going to happen is that we have this re-centering into our core and that the mind, the body, become extensions of that powerful Source core consciousness that we have, that presence within.

And so that sort of emanation that begins out here and then the qualities sort of change into different layers, the emotional and intellectual and other things that we have these faculties still. Now we can use them in the profundity that they were supposed to be used and applied. It's very different for what we have or what we're used to right now.

And that it will become very, very apparent that, like I said, the quality of what we call the feminine and the quality of what we call the masculine are qualities of the same thing that sort of fluidly and seamlessly interplay to create the most masterful, most beautiful things. And I believe that's where we're headed.

HEATHER: And it is such a powerful expression of our understanding that one of the paradigms of the Aquarian Age is that reunification. Yes. And with the masculine and feminine without deleting their qualities and their different energetics, but that it's, again, that realization that it's not duality. It's not polarization. It's different impressions of unity consciousness.

DAVID: Yes. And in many ways, it's very interesting because as you were saying that from my own experience going back to when I was all bit of a head case, very eccentric. I can remember very much how, although I wasn't aware of it at the time how sort of resistant to that softness and that kind, caring, compassionate quality of that energy within me that you would call the feminine.

And I think that's part of the aspect of the puzzle piece solving that myself, and I'm sure many other people have come here to solve is that it's really to do with how do you really soften? How do you let go of all that sort of tension, that grip, that guardedness the walls that you put up and allow that feminine quality, masculine quality to synergize and really come into being again. Because it seems very clear in a way that when you look out into the world, a lot of the warfare and other things that those are essentially big manifestations of a masculine energy that refused the synergization with the feminine.

And going the other way, there are other examples of with the wounded feminine not really allowing itself to refuse with being hurt or wounded by the masculine or so forth.

So that both have these sort of sort of walled up qualities that they put in place and they have to be just dissolved and reunified.
So I think that's a very important thing to remember and you need to see it play out a lot in different pockets and when you, my experience of that unity is just such a profound sweetness and kindness and having, when the two are together like that, those qualities don't appear as separate ones.
You really see them as a unified quality of a whole. Everything from the inspiration of ideas of things you never thought of before to being able to be so kind and compassionate and considerate. All the qualities that they involve encompass into one working together because they are together. They aren't actually separate. It's like saying the qualities of water. Oh, if it's ice, that's a masculine, if it's more fluid, that's a feminine way, where it's the same thing. They are just two, two qualities of the same thing and when they work together, it's a beautiful symphony and that's where we're headed I think.
HEATHER: I love that. And also, I think part of what you're saying is we're melting away and dissolving these different concepts of the masculine and the feminine, because I think as you were just saying a minute ago, we've been in this time of disconnection and I think distortion of energies. Yes. What I call the sacred feminine and the sacred masculine. Yes. Not only is it the left side of the body and the right side of the body, but that the feminine is about receptivity.
And then we label it weakness. And the masculine is about strength and activity. And I think part of what you're saying that is so powerful is when we really drop to these deeper understandings of these qualities of Source Intelligence. Yes. The sacred feminine is this power of regenerative creativity. Love and then it manifests into this outward emanation. Yes. And we would lean morphs into the sacred masculine expression. Yes. But interwoven in a way that we're really honoring the deeper meanings of these energies also.
DAVID: Yes. Very much so. And in a very kind of loose sense, that's exactly what it is. There are archetypes of distortions that we have been taught to believe. And you've sort of been encultured in ourselves about what it is to be, the female qualities or the male

qualities. A lot of those are dissolving away because they're not based on truth. They're based on a misperception, perceiving it from a place of duality, of trauma, of shut down tension, all those kind of things that we've had to go through.
But yes, you're absolutely right. It's almost a little bit like, and it's not totally like this because there's no way to articulate words to fully describe this. But essentially, coming back to the eight cells, the masculine aspect would be sort of like the template energetic form, but the feminine comes in and activates it. There's no life forwardness or life progression without the activation of the feminine. Similarly, if there's no template to activate, then do you see what I see?
So there are actually two qualities into playing in the same way. So it's something I encourage people to have a feel on and play within yourself because I can say, I don't think there's any way to use a structural language to really get to the heart of this at all. It's just something you just, I feel it now. I can experience the unification of those qualities.
They are two qualities of the same thing. There is no separation. So yes, it's a very, very important thing which we're going through because we have gone through as a civilization, such an extreme polarization. And again, there's another layering, if you like, where identities have been very strongly encouraged and adopted by people. And myself included, many identities I've had to let go of. Once it came up in my face and I'm like, oh my goodness, that's an identity, isn't it?
So there's a lot of those things going on. And I feel a lot of one of the ways to talk about the unrest that's unraveling right now. It is unraveling. It's not coming into play like, oh my God, it's all going wrong. No, it's just unraveling from the hidden areas that have been buried for so long.
And now finally, they're coming out to show themselves so they can finally be cleared. And this is the revealing. When they talk about the great revealing, it's the hidden revealing itself to you so it can finally be dissolved and you can move back into centeredness where you've asked to be.

And so all of this is playing out. And so as it plays out, you have a choice. You can either entangle it, reentangle yourself with it, engage and get caught up with the identity and react. And when you think of the word *react*, it's almost like you're re-enacting the thing again. Beautiful. It's you're not actually doing anything with it. You're just re-role playing the same thing over again. But if you can stop reacting and be response able or responsible, now you're choosing the response you give to what you're seeing. Nice. Okay. I'm not going to react to that. Sent to myself. Okay.
So my inner self, so self-high self, whichever word you want to use. Is there anything I need to learn from this? Or do I just need to let this be and let it dissolve? Because like I said before, and you were saying as well. The act of simply neutrally observing something without any emotion on it or any kind of push, pull or agenda to it. So you can just see it. I see it clearly for what it is. Okay. Just like looking at a scenery, I'm just watching and enjoying being neutral and just enjoying the beauty. When something comes up, just see it and your high self will tell you, okay, this needs to be dissolved away. So your light will do that. And oftentimes it'll say, do you wish my assistance? Because we can powerfully dissolve this away on your behalf. Because you now see it. We have full access, but you must choose to allow us to help you. It's not going to take place so automatically that so because free will is always honored.
And that's what my teams do with me a lot. When stuff comes up and said, okay, would you allow us to break it down for you? And that one permission to allow your high self to break down in an accelerated way, this stuff that comes up, shifts things so fast. I'm not kidding. I mean, big archetypal stuff that goes, oh, whoa, okay, settle myself down. Okay, what's that? Okay, I see it now.
And high self will come in and say, okay, you see it now. Can I break it down for you? Yes, please. And if this energy will come in and just melt it away. And like within minutes, it's gone. Because I know one of the big things that people have a lot of troubles with is this sort of, ugh, that keeps going and going.
And going for a long time. It's like, actually, there are such profound ways. Just first of all, learn to be neutral. Don't reenact the trauma

that's come up. Be neutral about it. Let it be. And give your high self permission to dissolve it, break it down and wash it away, if that's what your high self sees as the best way forward because there's so much help available.
And this is part of the wisdom of people not understanding the help that is available to them within them. It's that powerful.
So that's, I think, a ray of hope to a lot of people to say you don't have to. And this is what I think is my high self said to me, you don't have to suffer through this. It's not you. My highest self is very playful. I think all higher selfs are very playful and very joking and say, we can help you. This is quite. So, and my there was an allegory that my high self once used, which is quite funny to do with chocolate cake or something like that, or cheesecake or something. And so like stuff that comes up as like this cheesecake you sometimes you tend to want to keep eating the cheesecake and going through it. You don't have to do that. We can just take it away from you.. And that's the other thing, Source Intelligence is very playful. It's very, it's, it is the definition of lite heartedness, light heartedness. It's not serious at all. It sees things in every sort of the truest beauty of what they are.
And, and that's another thing to, I think, recognize in yourself, which I had to, because I my former days, I could be very serious, very intellectual about things. And they were saying, that's a habit you probably need to let go of because that's not going to help you. And the more you can be playful, light hearted about it, you will see things so quickly. Things will dissolve so quickly because the seriousness is a grip and the grip will hold things in place. And that's another thing to be aware of too. So sorry, I kind of ran on a little bit there.
HEATHER: No, I love what you're saying, because the more we can be in that playfulness and humor, it automatically puts us in the witness of. It's gets tiring, best to identify with what's going on and getting that intensity. But the other thing that you're really highlighting, which I see as a clinical psychologist, it used to be and it was part of why I left the field, I thought there had to be other ways of healing, logging, endlessly through layers of hearing.

And I see now that we are being so supported to heal each other in an accelerated way. Yes. And I'm working with so many people who are experiencing that. And part of what you're saying that I think is so important is it's all within us. And as we're in this dance with cosmic consciousness, it's outside of us. It's within us. It is such a powerful time where we're supported to come back into who we really are.
DAVID: Yes. And you know, it's a thank you for saying that as well, because I feel my team's there sort of impulsive me to talk about that a little bit because the idea that when it's said that it is all inside you, that I really want to emphasize that. It's not a cliché that is not just a feel good phrase just to perk you up and make you feel happier. It absolutely is inside of you. There is no other way. You are literally, it's like a projector at the cinemas.
It's beautiful, powerful, bright light that beams onto the screen, but the projector thinks, oh, it's just that. No, you are the animator. Now, one of the things that they've they mentioned to me and I think it's a very, very important thing to tell people is that a lot of people get sort of put off looking inside because when they look inside, they see just the yuck, the stuff that's coming forward to come out and they think, oh, well, I don't feel anything inside me.
I don't feel the Source presence inside me. What it absolutely is there, but just have faith and hold the trust in yourself that this is part of your request to come in and were literally puzzle piece, these things coming out to clear them so that you will underneath find the truth that it is inside you.
And by solving those heavy duty puzzle pieces, you will then see that solution into the Earth and make it much, much easier for other people. And I can say never, ever give up the faith that it is all inside you. That is not what should we say. An airy, fairy, wishy, washy kind of feel good sentiment. It really isn't.
It is absolutely true that all the intelligence that created this universe, this galaxy, all of the universes, all the multi-dimensional realms is inside you. You were part of that from the very beginning. You want some just, let's say, I don't know what she's saying, some schlep that's just on the side that's just trying to kind of, I don't know, make themselves feel good. You're not. You are an extension of that

Source Intelligence. You are that Source Intelligence having a particular human form that you are in.
And that is not it's said just to make people feel better, but it's said to help people realize that really is the truth. And continue to look inside. And if you encounter, it's okay. Just witness it, see it for what it is. Ask your high self to come and break it down. Wash it away, help you. Just dissolve it away, lightning fast.
And when you get into that sort of rhythm of working within with your core self in that way, it will present itself more and more and more because you are allowing it to come through more. So there is this beautiful growing relationship while you are developing with that core self as well. So yes, definitely. I think that's worth saying.
HEATHER: And it is how then we come into the full sovereignty. Yes. Before we stop, David, I just have to ask you. And we talked about this before the recording about this extraordinary appearance of 3I Atlas in our solar system.
And in the context of what we're talking about, I think, again, it's important that we're reorienting our perspectives to not say, Oh, that's something out there. Yes. Happening to our solar system. From my perspective, it's mirroring back to us. Yes. Happening within us. But before we got on the recording that your teams have been playful about.
DAVID: So can you just share what they told you? Yes, definitely. It's interesting because when it first was announced as a whole hubbub of all different people getting really excited. And what is it? What's happening? What's going on?
And a few people that asked me, what's your team's take on it? And I tuned in and my teams are being very playful as they are. They said, wait and see. And it is kind of interesting because I very much agree with you and I was talking with Pam the other day. And it's the one of the things that the teams always say is that whatever happens outside is a mirror.
But what is it doing within you that is going to help you open up more to yourself? That that is the key. Whatever goes on outside of you whatever is presented to you, whatever energy just suddenly pops up and comes into your face. How is that serving? How is that

helping you to go more into your interconnection and become the real you? That's the important part.
And it can come in a myriad of things. It can come as a simple friend revisiting you from the old or and presenting things again that, oh, haven't fully sold that puzzle piece yet. I need to heal that bit. Or it could be sub-event or it could be a change in lifestyle. It could be anything.
And this is an important point because I feel that as human beings, we have so tended to fixate on the wow factor of what's going outside us. But we often forget that the real wow is from here. And we have become so used to outward focuses rather than inward focuses that everything, our perceptions are automatically triggered whenever we see something out there.
And it's very interesting because it does come to this point. And I think it's very helpful to talk about this as well. Of course there's lots of people saying it's all sorts of different things. It's this race or that race or it's this thing or that thing. A lot of them are very mutually exclusive.
And one of the things that my teams are saying is, and my high self is saying is that the difficulty with human perception, particularly when you're asking questions and you're asking for clear information, is you have to, like you were saying, you have to get back into the neutral observer space when you ask the question because they will not override your free will.
So if you are choosing to overlay the information you're given with your own preference about what it should be, what its meaning should be x, y, z, or whatever it is, that will go that way. And they won't stop you because that's your free will. They're not going to interfere with that. And I believe that's one of the reasons why you have so many different seemingly contradictory ideas about what it is. It's because it lies deep inside.
And that's why there is saying to me, and at times when I have made mistakes, when I have gotten information and it, I see, they said, do you see what you did there? You see, you asked the question, but you already had a preference for what you wanted it to be. And then you took it in that direction.

And so they're saying, that's what you have to learn to do as human beings. That's part of the package of becoming your truth again is you got to learn to see things without this preferential view of what you expected or wanted to be. See it for what it is.
And then you will get clear answers. But always, the answer really is from the teams is it doesn't actually matter per se about what it is. It matters about what the energy of whatever it is, how is it, how can you make use of that to help you go more inward?
And again, that's one of the things I find in the reminding me again is within humanity that's there's quite a resistance in a lot of people, especially spiritual sort of light workers or whatever you want to call them, is because when they go in, they feel the force that is trying to come out. It's like trying to go backwards down a river. You're trying to get to the Source, but you're seeing the logs come out and bump you in the face.
And it's, oh, no, I don't want that. I'm going to go back the other way. So it's kind of a little bit like that in a way, but it's like it's okay. You can be neutral and then everything is just going to pass you quite effortlessly. But if you engage in what's coming out, it will feel like it's hitting you and bumping you and pushing you all over the place.
And I can feel them saying it's such a key thing for humanity to really learn to do. It's like a bit of an art form, a practice art form. Learn to see everything in neutrality. And you see it today. There's a lot of triggeredness going on. A lot of people are enraged and emotionally engaged. And it's like, that is so far from neutrality that you will never see the truth of what it is that you're going through.
You will be rattled and shaken around and you'll bounce off the walls until you learn to let that go and become centered again. And that's where the clear two-way flow of information can happen from within you and from without. And you can see it and be a very clear, centered being that can create and perceive in a very true and clear way, definitely.
HEATHER: And part of what I think is important in what you're saying is then we need to come from that place of neutrality, but also come from the heart. Yes. We're clearing that dross. Yes. You're not resisting it because I love that phrase, *what you resist persists*. Yes.

We're doing that inner clearing than the more we are in your neutrality.
And for me, I just want to say before we stop, it's interesting to me. And part of what I've been doing with my students in astrology classes is how do we attune to the meaning of the planets? As their energies are in us, not just outside of us, and how do we attune to them from the heart and from a relationship, from a capacity of communing with them, rather than thinking about them. Yes.
So for me, interestingly, I haven't had time to do your latest activation yet. I did my own heart attunement to 3I Atlas. I am a very similar effect to what you're describing with your activation. Oh, I've been thinking of it. Is it a comet? Is it an object? Is it a belief? I just got, oh my goodness, it's a consciousness. Yes. I felt the way in which it is a reflection of this inner work we're doing around remembering this energetic of connecting with Source and beings in the greater consciousness.
And I ended up across this past week just feeling waves of gratitude and joy and experience of oneness. Yes. So it was igniting that somehow for me. And I think it may be an external mirror saying, this is what's getting ignited in the hearts of all of us.
DAVID: I agree. In a nutshell, it's really the essence that when I talk about neutrality and centerness, that profound sweetness that within the heart center is the place to be to see all things because the teams have been very clear with me and my high self there. When you get into that centered stillness in the heart space in that core of who you are, the perception you can have in layers you didn't even realize exists, start to come into. They present themselves to you because you can see everything from the heart center. When you engage, say with the mind or with emotions, you are then located within the realms that those operate and now suddenly everything else.
And then so everything else shutters itself off to you because what is actually happening is you are choosing to say, I only wish to focus on these qualities when you engage in that way and everything else. No, but when you're in your heart center, suddenly you have a full perception of everything as it is, not as that your mind agenda might

or agendas or belief systems in your mind might wish it to be or want it to be
Or say, I'm dealt with emotional packets of energy might or try and orientate your perception to make it be this, this or this. So heart centeredness is the, how could you say it's the pristine place to be to see everything in all dimensions, all levels and ways exactly as they are. And that's when I see these beings such as the Arcturians, they have such a stillness, they have such a profound emanation because the Arcturians themselves, they're in their living organic innovations are revered throughout this galaxy.
That's how good they are at those. And these beings and people might think, oh, they must be intellectually really amazing beings. Well, they are intellectually amazing beings, but they're very heart centered beings. They have a very good balance and bridges between all of them. And they said themselves to me, they said, you are going to find there is a world of difference between living from your heart center to living from your head.
So I hope that, and I say it many times because I really feel that if beings like that are saying we love to share with you, that living from your heart center is the place to be it. It's going to be a profound change for you, unlike you could ever imagine with your beautiful mind.
But then when your mind becomes an instrument of that, then it can be used in the right way. That's how they do it. Their minds are an extension of their core energy, their heart-sentience. That's how they can do what they do. That's the profoundness of what they do.
And you can only do these amazing things and see things clearly in their truth from that place. I just wanted to say that's exactly the way I see it too when you mentioned that. So, yes, I think that's a very important thing for people to hear for sure.
HEATHER: That's a beautiful note to end on David. I think this whole conversation together about how do we come back into that heart connection that opens us. This Source Intelligence opens us to that awareness that everything is interconnected and we're part of the oneness of all people. So, thank you. Thank you so much for your

wisdom, for the way you emanate that energy being from the heart and for all the ways you're supporting the shifts.
DAVID: You're very welcome. Lots of love to you and to your audience. I hope whoever is listening, you get your needed aha's in whatever way that is for you to further go inside. And I wish you the very best and most delightful journey on going inside, for sure.
HEATHER: Beautiful. Yes, blessings in love to all of you listening.